



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENHANCE YOUR PERFORMANCE

Speed and Agility Program TRI-COUNTY YMCA

This 7-week speed and agility program offers a wide range of drills and exercises to build your child's endurance, flexibility, speed, power, and agility. We will run them through ladders, box jumps, free weights, and plyometrics to enhance their skills in their sport. Here they can compete against others and themselves to be ready when it counts.

Age: This will be open for kids entering 9-12th grades next school year.

Where: Tri-County YMCA

Dates: June 19th-Aug. 8th (Tuesdays and Thursdays)

Time: 8:30am-10am

Cost: \$75 members/\$100 for non-members

Limited to the first 16 athletes



Registrations can be mailed or brought to the Y by 6pm Est on Friday June 1st. For questions please call Abe Schwartz at 812-367-2323 or email him at abe@tricityymca.org.

TRI-COUNTY YMCA

131 E. 16th Street, Ferdinand, IN 47532
P 812-367-2323 F 812-998-9622 www.tricityymca.org

See enrollment card on backside...



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Speed and Agility Enrollment Card

Name: _____ Date: _____

Program Name: **Speed and Agility Program**

Session Date(s): Summer 2018

Address: _____

Fee Paid: _____ Collected by: _____

Street

\$75M/\$100NM

Consent Statement: By signing this form it is understood that the responsibility for monitoring the condition of the participant lies with the participant and or guardian and that the undersigned has the understanding of YMCA programs and its facilities. **Talent Release:** This statement is hereby acknowledged and agreed upon by me with the full understanding that any photographs, videotapes, or audio tapes will be freely used by the Tri-County YMCA for public displaying either printed or electronic material for the purpose of furthering the business interest of the Tri-County YMCA.

City

State

ZIP

Date of Birth: _____ Grade: _____

Month/Day/Year

Next year

T-Shirt Size: AS AM AL AXL Gender: M F

Phone Number: _____

Signature of Participant or Guardian:

Parent Name: _____

Email Address: _____

What sports do you play?

Injures in the last year:

2nd Child

Name: _____

What sports do you play?

Date of Birth: _____ Grade: _____

Injures in the last year:

Month/Day/Year

Next year

T-Shirt Size: AS AM AL AXL Gender: M F
